**Flourishing in the Garden**

**Week 2 Water Meditation**

Hello, and welcome to week two of flourishing in the garden. This week focuses on the sacral chakra which is located right in the lower parts of the belly.

This space is related to the water element but also to our creativity and to our flow in life. That space that we can just tap into, and we don't really have to think that much. We can just go with it. We can do and act from a space of passion and integrity.

This week, we'll start a short water meditation so you can find a comfortable seated position if you'd like. You can find a comfortable reclined position if you'd like to lie down on the back. Or you can sit in a chair.

Wherever you are here. Just start to notice the breath in the body.

Notice how the breath is moving.

And then we'll do a quick body scan. Just noticing any space in the body that might hold tension.

Any space in the body that might be tight or any space in the body that just needs a little bit more love today.

So, as you start to notice those areas or those spaces, if you would like you can rest the hands on those spaces just to bring your awareness there or you can just energetically think of those spaces and bring your attention there.

From here, no matter the story, no matter what happens, no matter anything that has to do with that space, we're noticing maybe the tension and the feelings, and we'll stick with that.

We'll notice the feelings associated, maybe noticing the temperature, the quality of that space.

Then we'll start to allow the water and sounds of the water to wash over us imagining water just rushing over that space.

Maybe you imagine yourself in a creek, maybe you imagine yourself in a warm tub.

Start to think about what kind of water and what temperature water you would like to have running over that space.

What would be healing for you?

So, is that Cold Creek water or is it a warm hot spring?

Let’s imagine the water just rushing over that space to wash away any tension or any energy, any of that sensation to just wash it away.

Rivers are continuous and they continue to flow regardless of the things happening around them.

The levels might change. The seasons might change.

The geology might change, the rocks might shift, and over time the rocks might become worn down.

You might have trees growing into the river, you might have other plants and vegetation that rose up through the rocks in the summertime low water levels.

But just knowing that the water that flows is consistent. That lifeforce keeps coming in. So just imagining that water to rush over the space that you need it.

Just continuing to feel that healing touch of the water to wash away any sensation to wash away any tension, anything that you don't need from your body, anything that you don't need from your mind. Just continuously allowing the sound of the water and imagining visualizing the water splashing over you washing it away.

Slowly start to draw our attention back inward to the body, slowly starting to draw it back

Maybe finding a little bit of movement here.

Maybe wiggling through the fingers and the toes.

Maybe gently taking a long stretch along the earth.

And then we'll hug the knees into the chest squeeze the knees in giving yourself a big hug

And then we'll roll over to one side.

So as you roll over, take a moment here again if you would like to hug the knees in allowing yourself to take a break here just resting to take a breath

and then think of one thing that you love about yourself

with that in mind we'll start to rise to seated

slowly then we start to tuck the chin

OPTIONAL

and we'll end this meditation with one sound of OM

So that only represents a vibration or a sound that connects all beings together. So you can hum along if you'd like make the sound but will inhale to prepare

Thank you all for sharing this water meditation with me until I see you guys again, Namaste:)